

WHAT IS CLAIMED IS:

1. A device comprising a facial mask, an inflatable elastic pad affixed to the mask and a compress containing a revulsive or cress having an active ingredient.
- 5 2. The device according to claim 1, wherein the active ingredient is allyl isothiocyanate.
3. The device according to claim 2, wherein the compress is soaked in water to activate the active ingredient.
4. The device according to claim 3, wherein the water is at a temperature
10 of approximately 10° C.
5. The device according to claim 1, wherein the inflatable elastic pad comprises a first membrane and a second membrane.
6. The device according to claim 5, wherein the first membrane and the second membrane form a compression chamber.
- 15 7. The device according to claim 6, wherein a pump is used to inflate the compression chamber.
8. The device according to claim 1, wherein the facial mask comprises at least one opening and means for securing the facial mask to a person's head.
9. The device according to claim 1, wherein the facial mask covers the
20 upper part of a person's head.
10. The device according to claim 1, wherein the facial mask covers the lower part of a person's head.
11. The device according to claim 1, wherein the facial mask is adapted to allow respiration.
- 25 12. The device according to claim 1, wherein the facial mask comprises plastic adapted to be resistant to deformation.
13. A device comprising a facial mask, an inflatable elastic pad affixed to the facial mask and a compress comprising a revulsive or cress having an active ingredient, wherein the device promotes the absorption of the active
30 ingredient to bones underlying mucous membranes in a sinus of a person in need thereof.
14. The device according to claim 13, wherein the active ingredient is allyl isothiocyanate.

15. The device according to claim 13, wherein the compress is soaked in water to activate the active ingredient.
16. The device according to claim 15, wherein the water is at a temperature of approximately 10° C.
- 5 17. The device according to claim 13, wherein the inflatable elastic pad comprises a first membrane and a second membrane.
18. The device according to claim 17, wherein the first membrane and the second membrane form a compression chamber.
19. The device according to claim 18, wherein a pump is used to inflate the
10 inflatable elastic pad.
20. The device according to claim 13, wherein the facial mask comprises at least one opening and a means for securing the facial mask to a person's head.
21. The device according to claim 13, wherein the facial mask covers an
15 upper part of a person's head.
22. The device according to claim 13, wherein the facial mask covers the lower part of a person's head.
23. The device according to claim 13, wherein the facial mask is adapted to allow respiration.
- 20 24. The device according to claim 13, wherein the facial mask comprises plastic adapted to be resistant to deformation.
25. A method of treating sinusitis comprising the step of securing a device to a person's head, the device comprising a facial mask, an inflatable elastic pad affixed to the facial mask and a compress comprising a revulsive or cress
25 having an active ingredient.
26. The method according to claim 25, wherein the active ingredient is allyl isothiocyanate.
27. The method according to claim 26, wherein the compress is soaked in water to activate the active ingredient.
- 30 28. The method according to claim 27, wherein the water is at a temperature of approximately 10° C.
29. The method according to claim 25, wherein the facial mask is adapted to be secured to a person's head.

30. The method according to claim 25, further comprising the steps of squeezing the compress to force out the active ingredient; opening skin pores to which pressure is applied; and forcing the active ingredient through the opened skin pores of a person in the direction of an inflammation.
- 5 31. A method of using a revulsive having an active ingredient to treat inflammation comprising the steps of:
- providing a revulsive or cress in a dried form;
- soaking the revulsive or cress to activate the active ingredient; and
- squeezing the revulsive or cress to force out the active ingredient onto
- 10 a portion of a person's skin to reduce inflammation.
32. The method according to claim 29, wherein the active ingredient is allyl isothiocyanate.
33. A compress containing an active ingredient in a dried form
- 15 compressing allyl isothiocyanate which is activated upon the application of water.